

## DVE AQUATIC SWIMMING TRAINING SCHEDULE

Squad	AM/PM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>National</b>	AM	5:45*-7:30 WaterMarc	5:30-7:30 Eltham	5:45*-7:30 WaterMarc	5:30-7:00 Eltham	5:45*-7:30 WaterMarc	8:30-10:30 WaterMarc
	PM	5:30-7:30 WaterMarc		5:30-7:00 WaterMarc	5:30-7:00 WaterMarc		
<b>National Development</b>	AM		5:45*-7:30 WaterMarc	5:30-7:00 Eltham		5:45*-7:30 WaterMarc	8:30-10:30 WaterMarc
	PM	5:30-7:30 WaterMarc		5:30-7:00 WaterMarc	5:30-7:00 WaterMarc		
<b>State Development</b>	AM	5:30-7:00 Eltham			5:45*-7:30 WaterMarc		6:45*-8:30 WaterMarc
	PM		5:30-7:30 WaterMarc		6:30-8:00 Eltham		
<b>Progressive</b>	AM	5:30-7:00 Eltham					6:45*-8:30 WaterMarc
	PM			7:00-8:00 Eltham	7:00-8:00 WaterMarc		
<b>Development</b>	AM						
	PM	4:30-5:30 WaterMarc	4:00-5:30 Eltham	7:00-8:00 WaterMarc			
<b>Dryland</b>	PM	4:30-5:30 WaterMarc		4:30-5:30 WaterMarc			

**\*All WaterMarc training sessions commence with a warmup and activation session of 15 minutes.**

Swimmers must strictly adhere to the rules listed in Athlete's Letter